



MARSHALL STAR

Serving the Marshall Space Flight Center Community

April 5, 2007

NASA astronaut to run Boston Marathon in space

Headquarters news release

NASA astronaut Sunita Williams will go faster than anyone has ever gone in the Boston Marathon. She will run the famed race Monday, April 16, as an official entrant from 210 miles above Earth on board the International Space Station. This will be the first time an astronaut in space will be an official participant in a marathon.

Williams hopes her unique run will serve as an inspiration.

"I encourage kids to start making physical fitness part of their daily lives," Williams said. "I think a big goal like a marathon will help get this message out there."

Williams, who is an accomplished marathoner, has served on board the space station since December 2006 as a member of the Expedition 14 crew. She will run the race on a station treadmill, circling Earth at least twice in the process, running as fast as eight miles per hour but flying more than five miles each second.

And she will not be alone in her adventure. Her sister Dina Pandya and a fellow NASA astronaut, Karen Nyberg, will run the race in Boston. Williams and Nyberg qualified for the Boston race by finishing among the top 100 females in the Houston Marathon in January 2006.

Exercise is essential in NASA's efforts to counteract the effects of long-duration weightlessness on astronauts' health. For months, Williams has been training for the marathon while on board the station. She runs at least four times a week, two long runs and two shorter runs. Station crews are required to exercise on the treadmill, a stationary bike and a resistive exercise machine to counter loss of bone density and muscle mass.



NASA

Astronaut Sunita L. Williams, Expedition 14 flight engineer, exercises on the Treadmill Vibration Isolation System in the Zvezda Service Module of the International Space Station.

See Marathon on page 3

Grissom High School band to present concert May 5 featuring the world debut of "Apollo," which highlights NASA's work

By Jessica Wallace

Marshall employees can enjoy an evening of music May 5 in the Grissom High School auditorium, culminating in the world debut of a new musical composition that highlights the accomplishments of NASA. Beginning at 7:30 p.m., the concert will include musical selections ranging from Beethoven to the new piece entitled "Apollo," which was commissioned especially for the event. The school's Symphonic I, Symphonic II and Concert bands will perform.

Written by special guest conductor Brian Balmages, an internationally recognized composer and director of instrumental publications for FJH Music Company Inc. in Ft. Lauderdale, Fla., "Apollo" was commissioned by the Grissom band to commemorate the 40th anniversary of Apollo I. This music celebrates NASA's successful fulfillment of President John F. Kennedy's challenge to put a man on the moon and return him safely to earth. Guest saxophone soloist for "Apollo" will be Lynn

Klock of the University of Massachusetts Amherst. Grissom band directors Bill Connell and Theo Vernon have arranged the event.

All Marshall employees and their guests are invited to attend. Admission is \$5 for adults and \$3 for senior citizens and students. Tickets will be on sale at the door. For more information, contact Karen Parker at 544-7581.

The writer, an ASRI employee and Marshall Star editor, supports the Office of Strategic Analysis and Communications.

Astronauts present nine Silver Snoopy Awards

Silver Snoopy Awards were recently given to nine Marshall team members. Presenting were STS-116 astronauts Mark Polansky, Robert Curbeam, Christer Fuglesang and Nicholas Patrick. Astronaut Butch Wilmore also presented an award.

The Silver Snoopy is the astronauts' personal award to members

of the workforce for outstanding and exemplary work. The Snoopy emblem reflects NASA's and the industry's sense of responsibility and continuing concern for astronaut flight safety. Less than one percent of the space program workforce receives the award annually.



David Higinbotham/MSC

From left, astronaut Mark Polansky; Johnny Heflin, Shuttle Propulsion Office; Mark Vaccaro, Engineering Directorate; Darlene Garner and Diane Fleming, both of the Shuttle Propulsion Office; and astronaut Nicholas Patrick.



Doug Steffer/MSC

Astronaut Christer Fuglesang and Lisa Cooper of COLSA.



David Higinbotham/MSC

From left, John Crisler, Hernandez Engineering; astronaut Robert Curbeam; and Norma Horton and Sandra Such, both of the Safety & Mission Assurance Directorate.



Courtesy photo

From left, Larry Lott, Shuttle Propulsion Office, his wife, Carol, and astronaut Butch Wilmore.

Classified Ads

To submit a classified ad to the Marshall Star, go to Inside Marshall, to "Employee Resources," and click on "Employee Ads — Submit Ad." Ads are limited to 15 words, including contact numbers. No sales pitches. Deadline for the next issue is 4:30 p.m. Thursday.

Miscellaneous

Golf club, new Adams IDEA Hybrid a20s 4-iron, Grafalloy, still in shrink wrap, \$125. 536-8692
Four niche mag wheels w/tires, 17", \$250. 256-468-4107
PowerMac 7500/100, extended keyboard, 17" monitor, Mac OS 9.1., loaded with software, \$100. 489-4483
Two solid maple end tables, formica tops, sugar-bin style, \$40 each; green recliner. 837-6776
Silver bullion, 100 oz. bar, \$1,300; HP LaserJet III; two printers for parts/repair, \$50. 227-5671
Army parachutes, 1990 or newer, 3 for sale, \$40 each. 461-9404
Portable chain link dog pen, 7'x10', 6' high, gate, \$200. 694-1217
Rototiller, front tine, 5HP Briggs, runs, good compression, \$65. 656-1396
New Swedish memory foam mattresses, king, \$450; queen, \$400. 996-5617
2004 mission-style solid wood crib w/mattress, \$400. 655-9267
Fender 5-string Jazz bass guitar, \$400. 497-3838

Upright piano, \$350; leather loveseat, \$100; entertainment center, \$50; 19" color TV, \$50. 256-714-0581
Tapestry, 5'x7', with rod and tassels. 464-7262
Sony Vega Trinitron flat screen color TV w/PIP silver, 36", \$600. 256-772-6569
Corner solid oak entertainment center w/doors, \$300. 503-6773
Leather top desk, 44Wx22Dx29H, \$300; Takamine 6-string acoustic w/soft case, \$125. 345-0852
Rose carved Victorian living room suite: couch, 2 chairs, marble table, \$800 firm. 256-753-2278
Window air conditioner w/remote, 10,000 BTU, 110V, used one summer, \$100. 650-0456
Amana side-by-side refrigerator, \$275. 468-9377
Solid oak Vitalie pool table/cover, spectator chairs, cue sticks/holder, light fixture, \$1,500. 534-1827
Aquarium w/stand, 30 gallon, fish, light, pumps, all accessories, \$150. 881-8674
Hard cover for Chevy 5'8" pickup, \$325. 931-759-5394
Antique vanity dresser w/oval mirror & knee hole, \$375; Honda push lawnmower, 21", Harmony II, \$100. 881-0656
Ultra riding mower for parts, good engine, \$25 firm. 828-0901
Formal dresses worn once/twice: teal, short, size 4; pink to fuschia, long, size 5/6. 541-4445
Sherwin-Williams paint, Classic 99 Satin, indoor, color latte, one gallon, \$25. 882-3983
Baldwin "Acronsonic" upright pecan console piano/bench, make offer; treadmill, manual, \$25. 837-1774
Valhalla Masonic Garden family of four plot, Lot 97, Block C, Section 3, Units 1-4, \$6,000. 256-881-9421
Kenmore king capacity washer/dryer, white, needs repair, \$225 pair; king-size head/footboards and rails, \$150. 256-658-5684
Springer Spaniel puppies, AKC registered, 8 weeks old. 256-890-0401

Vehicles

1999 Pontiac Firebird Trans Am, black, t-tops, leather, well maintained, \$7,995. 682-5758
Triumph Spitfire 1500, 62K miles, 4 speed, power windows, overdrive, luggage rack, new tires/battery, \$1,700. 256-489-9560
2004 Dodge 1500 RAM truck, Hemi, SWB, 40K miles, \$13,900. 468-9377
2002 Mazda Miata MX5 SE, Titanium, 68K miles, 6 speed, leather, Bose, all power, CD, tow package. 883-1219
2001 Ford Expedition Eddie Bauer, white, leather, loaded, 82K miles, warranty, \$12,500. 830-0305
1984 Ford Ranger on K-5 Blazer 4x4 frame, 38" swampers and 350 engine, \$7,000. 931-308-1238
1989 Ford F150 XLT, V8, long bed, \$1,800. 508-8269
2006 Yamaha V-Star Classic, windshield, sissy bar, bags, 2 helmets, 2K miles, take over payments. 679-0694
2002 Kia Sedona minivan, \$7,000. 233-6197
2001 Honda Odyssey EX, granite/fern, 82K miles, \$11,000 firm. 729-8089
1989 Cadillac Eldorado Coupe, 4.5L, V8, loaded, everything works, \$1,795. 881-7198
Fleetwood 2004 pop-up camper, 8', roof, heat/air. 256-739-6700
2004 Jayco Jay Feather Light trailer, 25', sofa s/out, awning, gas grill, spare tire, \$12,900. 852-6983

Wanted

HP LaserJet III for parts. 883-2757
Child's tag-along bike for 3-4 year old rider. 651-4603
Ride or carpool from Scottsboro or vicinity. 256-228-6353 after 6 p.m.

Free

Orange tabby kitten, spayed, free to good home. 256-586-2312
Puppy, male, black/tan coon dog, half Lab; full yellow Lab, 16 months, free. 256-335-5896

Marathon

Continued from page 1

"In microgravity, both of these things start to go away because we don't use our legs to walk around and don't need the bones and muscles to hold us up under the force of gravity," Williams said.

NASA will have an exhibit in Boston during the marathon. Nyberg and astronaut Jeff Williams will be available for interviews. Jeff Williams, who is not related to Suni Williams, completed a six-month stay on the station in 2006. NASA's exhibit will be at the John Hancock

Sports and Fitness Expo at the Hynes Convention Center on April 13-15.

Due to the crew's sleep schedule, Williams' run of the marathon on the station may not coincide exactly with the race on the ground, but mission control is working to match the events as closely as possible.

Television and still imagery of Williams' efforts are expected to be available. Video of her training on the International Space Station will air on NASA TV's Video File. For streaming video, download and schedule information, visit <http://www.nasa.gov/ntv>.

Obituaries

Paul E. Black, 78, of Huntsville died Nov. 10. He retired from Marshall in 1990 as an aerospace engineer. He is survived by his wife, Jo Black.

Rupert W. McElyea, 77, of Athens died Nov. 22. He retired from Marshall in 1974 as a technician. He is survived by his wife, Ella Ruth McElyea.

Louis M. Cranford, 78, of Arab died March 17. He retired from Marshall in 1987 as an aerospace engineering technician. He is survived by his wife, Doris Jo Head Cranford.

Eugene B. Collier, 84, of Madison died March 26. He retired from Marshall in 1977 as a laborer supervisor. He is survived by his wife, Louise Collier.

Frank M. Mathews Jr., 76, of Huntsville died March 26. He retired from Marshall in 1984 as an engineer.

Marshall celebrates Women's History Month



Team Redstone celebrated Women's History Month on March 30 with a special program, "Generations of Women Moving History Forward," hosted by the Marshall Center in Morris Auditorium. NASA astronaut Catherine "Cady" Coleman spoke, sharing her perspective on the role of women in the history of space exploration.

Emmett Given/MSFC

Astronaut Coleman congratulates Marshall's Deborah Wills, records manager for the Planning, Policy & Integration Office in the Office of the Chief Information Officer, on her second-place win in the Women's History Month essay contest. Wills' essay, "Six Women, Five Generations of History: One Life at a Time," conveyed the importance of passing on to next generations a love of learning and willingness to serve others. She wrote that history is written one line at a time, and advances one life at a time.



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